

SIMPLE • EASY • SUSTAINABLE



# The Milkstache

CERESCHILL.COM



Photos by Mariel and Joe  
Lifestyle Photography



# Earth-friendly breastmilk storage is our thing.

The Milkstache is designed to help you store your milk in a way that's convenient to use when you need it. Its small cubes fit into wide and narrow bottle necks, and make portions easy to measure when it's time to warm up stored milk.

Not only that, but using the Milkstache helps you avoid using disposable plastics and contributes to a healthier world for your children.

We believe in supporting breastfeeding moms and sparing them unnecessary compromises. That's why our motto is:

*Free the moms!  
Save the milk!*

# Using the Milkstache

The Milkstache is an innovative and beautiful way to store your breastmilk. It simplifies freezer storage, bottle prep, and cleanup...and with the Milkstache, you no longer have to create plastic garbage and waste money while breastfeeding. Once your breastfeeding journey is over, your Milkstache can be used for freezing anything into cute, small cubes.



Wash your Milkstache with hot water and dish soap before use. Why is warm water plus dish soap enough? The FDA says that it's impossible to completely sterilize breastfeeding equipment at home, even if you boil it – but you don't need to! Keep everything safe and sanitary by thoroughly washing away germs and bacteria with liquid dishwashing soap and warm water. The ice trays can go on the top rack of the dishwasher, but the outer chest should be handwashed as high heat and sterilizer settings can distort it.

- 2 Everything wants to stick to the cubes, so be sure to wash your hands.
- 3 Pour your milk into the silicone trays but don't overfill. Fill each cube cavity up to  $\frac{2}{3}$  full for the best results.
- 4 Stack all of the trays in the milk chest.
- 5 Secure the lid to the chest by using the two hinge tabs on the side.
- 6 Write the date and content information on the lid with an acrylic pen. Allow a moment for the ink to dry. The silver ink of the pen we include can most easily be removed with a drop of dish soap or vegetable oil and a sponge.
- 7 Place the Milkstache on a level surface in your freezer. Allow several hours for your milk to freeze.
- 8 Remove individual cubes as needed. Each cube can be inserted directly into your baby's narrow or wide neck bottle on demand.

9 Each cube is 1/2-ounce, making it easy to ballpark how much you're warming (for instance, 10 cubes make 5 ounces of milk). For warming, use a bottle large enough to hold the milk volume you want before the cubes melt. Like ice cubes, the milk cubes initially take up more space and then melt down to your desired volume.

10 Pop all of the cubes out of the silicone trays and store them in the bottom of your Milkstache (without the trays) or store your milk in any easy-to-use, food-safe containers that fit your freezer and lifestyle (silicone freezer bags, tupperware containers, large ziplock storage bags).

11 For longterm storage, we recommend sealing your milk cubes into airtight containers (this helps prevent freezer burn) and recording dates for future use within the recommended 6 months (ideal) to a year (acceptable).

12 Use your Milkstache for years to come. It's perfect for frozen baby food, puréed fruit/vegetables, or sweet little ice cubes.

# Warming the cubes

When it's time to warm the cubes from your Milkstache, use a bottle in a bowl of hot water or bottle warmer, making sure nothing gets too hot to feed the baby.

If you have a Ceres Chill Chiller, however, it gets even easier and more foolproof.

Add hot tap water to the outer Chamber of your Chiller.

With clean hands, drop the milk cubes into the inner Chamber or narrow-neck baby bottle, seal and wait 5-7 minutes. Pour the warmed milk into the baby bottle to feed the baby, recapping the warm water Chiller to keep the temperature for the next feeding.



Diagram





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Lifestyle Photography



# Easy-to-make delicious and healthy baby food

As the founding mama of Ceres Chill, I get to make this booklet fun! So I'm including a couple of my favorite happy-baby recipes (for 6 months+). With the help of your Milkstache, you can also use these small cubes of food or breastmilk in a teething net as a great way to soothe a hungry, fussy, or teething baby.



Lisa Myers

## AVOCADO

Cut a ripe avocado in half, remove the pit, and scoop avocado from the “bowl” of the skin with a spoon.

Mash or blend, adding breastmilk, formula, oat milk, or water to achieve a smooth consistency. Serve immediately, or add a bit of lemon juice and store in the fridge or freezer.

## SWEET POTATO

Peel the sweet potato and cut into small chunks.

Place in a pan with enough water to just cover. Simmer on low to medium heat, with a lid on the pan, for 15 minutes or until the sweet potato is soft enough to mash.

Drain and mash or blend, adding breastmilk, formula, oatmilk, or water to get the consistency you want.

## BANANA AND APPLE

Peel apples and bananas and cut into small pieces.

Place the apples in a pan with enough water to just cover. Simmer on low to medium heat for about five minutes or until you can easily mash the fruit.

Drain and then purée or mash to desired consistency.

## TIPS

To make any simple fruit or vegetable purée more complex or increase the fat and calorie content, just add yogurt, whipping cream, avocado, coconut cream, or milk/cream substitute.

Use your Milkstache to freeze any baby food that you want to use in a food net or won't use within 3 days.



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